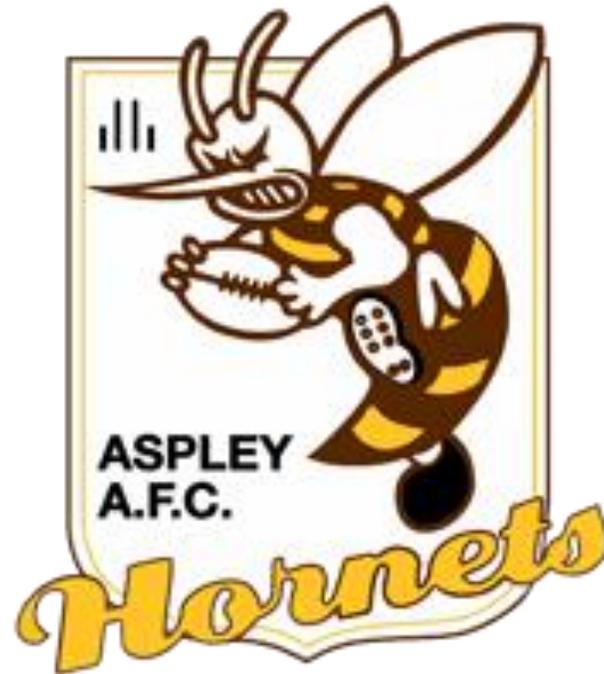
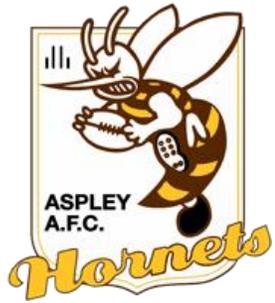


Harris Andrews Development Program



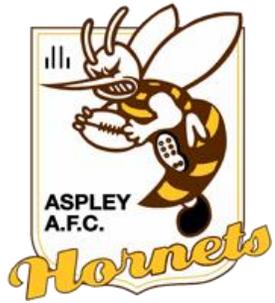
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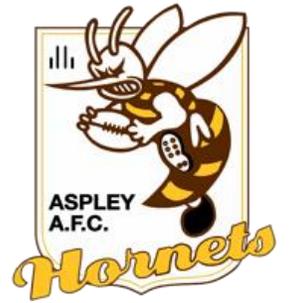
Mission



To assist aspirational and talented footballers within the Aspley Hornets Football Club achieve their highest potential through a structured and professionally delivered program.

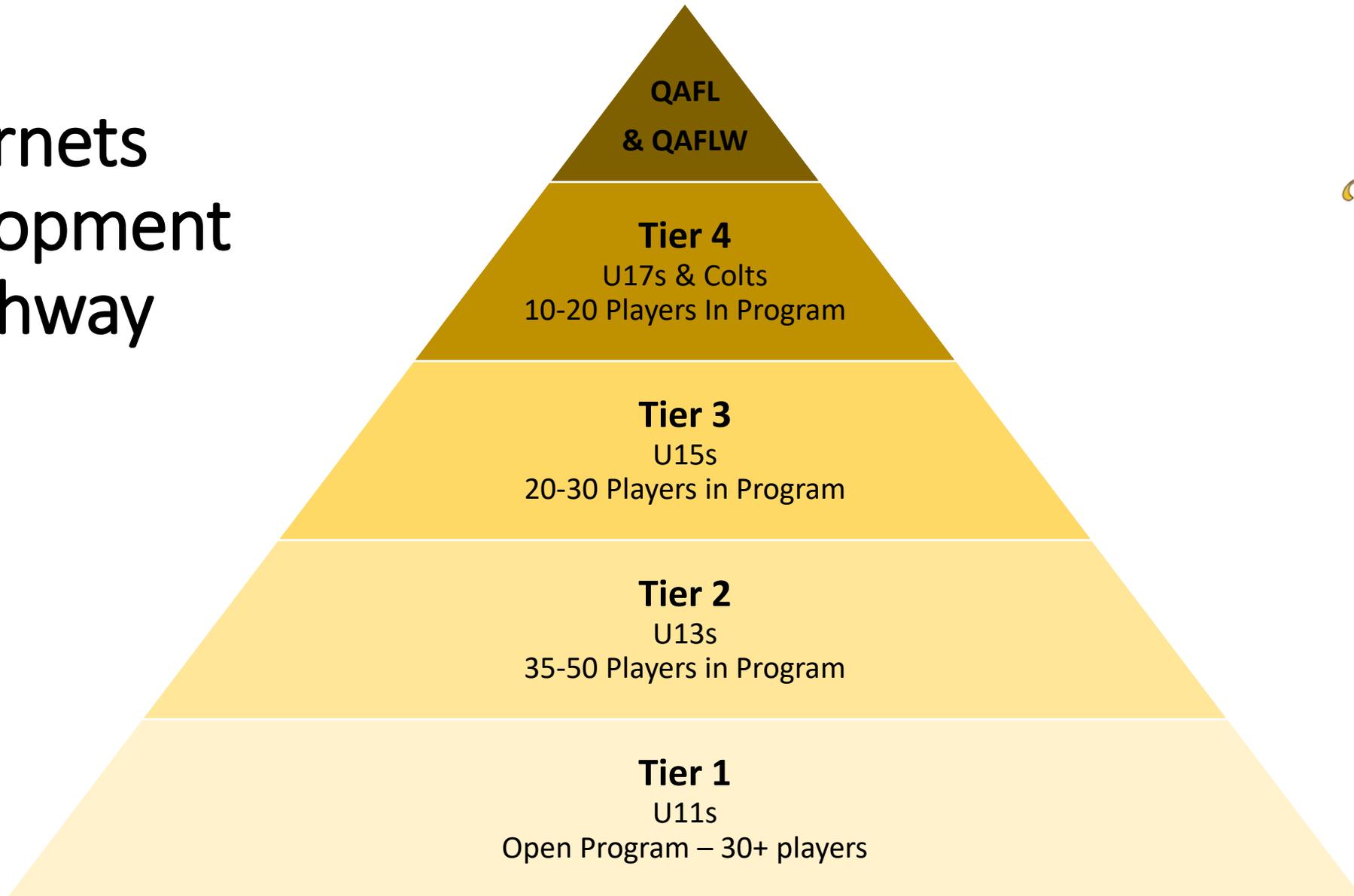


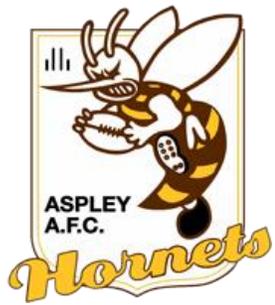
Objectives



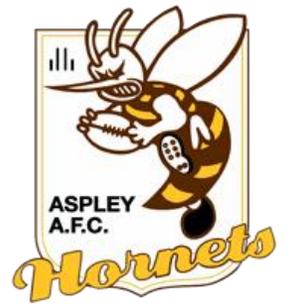
- The program is designed to assist talented junior & youth players within the Hornets reach their potential both on & off the field.
- Implement a structured program to cover all aspects of playing and preparing for the season and game day.
- Access to development coaches and training programs designed to develop player's core skills.
- Provide an insight into strength, conditioning, wellbeing, nutrition and game day analysis.
- Provide interaction and access to the Hornets senior football programs including players and coaches.
- Provide a clear pathway from Hornets junior and youth football to playing QAFL or QAFLW at the Hornets.
- Produce and retain talented Hornets players, which will help our long term on-field success in both our youth and senior program.

Hornets Development Pathway



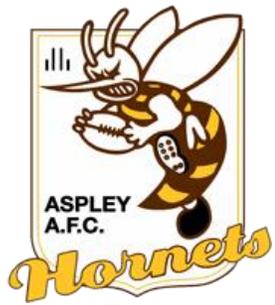


Selection Criteria

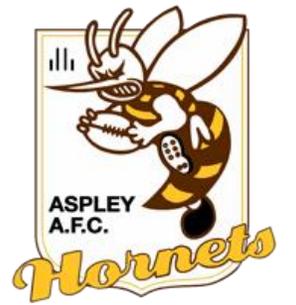


Players will be eligible for selection into the Development Program based on the following criteria:

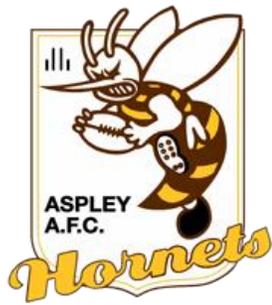
Tier 1	Tier 2	Tier 3	Tier 4
Play in the U11s age group	Play in the U13s age group	Play in the U15 age group	Play in the U17s & Colts
Open to all players at the Hornets	Play in the Div 1 team	Lions Academy Player	Lions Academy Player
	School Sport Rep Player	School Sport Rep Player	State Players
	Member of leadership group	Member of leadership group	Member of leadership group
	Identified by Coaches or Football Department Staff	Identified by Coaches or Football Department Staff	Identified by Coaches or Football Department Staff



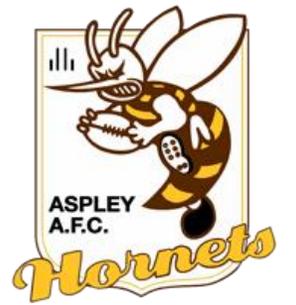
Benefits



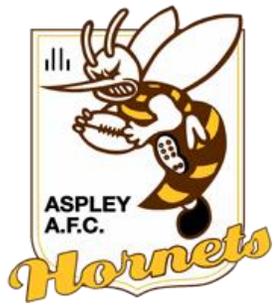
Tier 1 – U11's	Tier 2 - U13 Div 1	Tier 3 -14 & 15s	Tier 4 – 17s
Additional weekly development session	Monthly development squad session	Monthly development squad session	Monthly development squad session
Game play development & transition to youth football	Training Plans from QAFL S&C	Training Plans from QAFL S&C	Invitation to QAFL/QAFLW Seniors training
Skills assessment	Goal setting and Development Plan	Individual Goal Setting and Development Plan	Individual Training Plans from QAFL/QAFLW S&C
Opportunity to be selected for Michael Voss Cup	2 Day training camp (June/July school holidays)	Invitation to QAFL/QAFLW training sessions	One on One meeting with QAFL & QAFLW Coaches
	Training shirt	Training shirt	Training shirt & hat



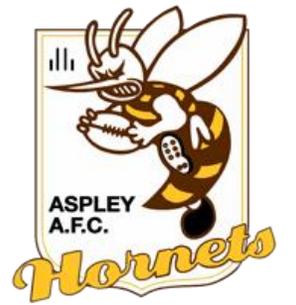
Coaches and Staff



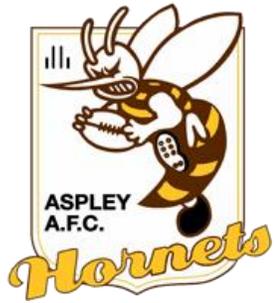
Name	Position	Phone	Email
Lachlan Sherwood	Program Director	0487 050 799	footballoperations@aspleyhornets.com.au
Malcolm Kerr	Program Coordinator	0411 581 451	uniordirector@aspleyhornets.com.au
Adrian Pilgrim	QAFL Head Coach	As required	
Luke Glacken	QAFLW Head Coach	As required	
Brett Atkins	Colts Head Coach	As required	
Cade Fulford	Club Development Coach	0411 146 929	Fulford@optusnet.com.au
Troy Davis	Development Coach	0401 813 625	tbtadavis@bigpond.com
Simon Cake	Development Coach	0411 141 778	simoncake@icloud.com
Al Watts	Development Coach	0407 315 916	alwatts.12@bigpond.com
Jacqui Hagarty	Women's Development Coach	0419 141 847	jacqui.hagarty@gmail.com
Brett Collins	11's Development Coach	0490 553 722	bjcollins1979@icloud.com
Lleyton Brown	Development Coach – QAFL Vice Captain	As required	
Mason O'Sullivan	Development Coach – QAFL player	As required	



Training Plan



Month	Session 1	Session 2
February	Player invitations issued	
6 th March	Introduction Night	2024 Goal Setting
14 th March	Warm Up, Hornets Combine	Hornets Combine
18 th April	Warm Up	S&C program introduction
May	45 minutes skills	Dietitian Education Session
June	45 minutes skills	Stoppage Masterclass QAFL Match Review
July	2 day training camp	2 day training camp
August	45 minutes skills	QAFL Match Review
September	45 minutes skills	Craft Masterclass (forward, defence, mids)
October	Warm Up, 2km Time Trial, Skills	Progress assessment on benchmark testing & 2025 goal setting
November	S&C Off Season Program	



Player Requirements



- Promote the Aspley Hornets values at all times; Respect, Integrity, Pride and Accountability
- Attend monthly training sessions
- Listen, learn and ask questions
- Complete Strength & Conditioning programs outside of normal training sessions when possible
- Be a leader in the Hornets community
- Assist the Aspley Hornets Football Club outside of the program